



**American
Red Cross**

Together, we can save a life



The City of Broken Arrow is a
Proud Provider of the American
Red Cross Swimming and
Water Safety Program



American Red Cross Swimming and Water Safety Courses – Summer 2005

Parent and Child Aquatics

Parents and children (ages 6 months up to 5 years) learn together to increase a child's comfort level in the water.

Learn-to-Swim

Red Cross Learn-to-Swim features six levels of instruction to help swimmers of all ages and abilities develop their skills.

Water Safety Today

Learn about safety around water at home and in other aquatic environments.

The Program:

COST: \$40.00 per Session*

CLASS TIME: Mon - Thurs (2 wk sessions)

NOTE: The week of July 5th will be Tues. - Fri.

To Enroll:

Mail this Signed Form with your payment of \$40.00 (check or money order) made out to:

The City of Broken Arrow
1500 South Main Street
Broken Arrow, OK 74012

Walk-in enrollments begin **April 18th** (9am - 6pm) at the Broken Arrow Community Center located at 1500 S. Main Street.

Call 259-8436 to enroll over the phone using your credit card beginning **April 18th** (9am - 6pm).

Beginning **April 4th** enroll online at:

www.brokenarrowok.gov then Click on
E-Gov

Students who have never taken lessons before should begin no higher than a Level 2 class, regardless of age. **(Levels 2-6 are prerequisites for advancing to a new level)**

THERE WILL ALWAYS BE CLASS ON RAINY DAYS!

* Classes are booked in advance. **Requests for REFUNDS** must be submitted no later than two weeks prior to the first day of class

For more information call 259-8436

Participant Information

Participant Name: _____

Birth Date: _____ Male or Female

Street Address: _____

City: _____ Zip: _____

Telephone: _____ Cell: _____

E-mail Address: _____

Emergency Information

Parent/Guardian Name: _____

Secondary Emergency Contact: _____

Telephone: _____ Cell: _____

Relationship: _____

Medical Information

Does the participant have any medical condition the instructor should be aware of? (For example, diabetic or suffers from seizures.) Yes No
If yes, please explain: _____

Please select your "**preferred**" class time and an "**alternate**."
(See Schedule On Back)

Preferred

Level: _____ Session: _____ Time: _____

Alternate

Level: _____ Session: _____ Time: _____

I hereby grant permission for _____ to participate in the Broken Arrow Parks and Recreation Department's Learn to Swim program. I understand that the act of swimming may be dangerous, and I further understand that the student may be reassigned to another swimming level depending on his/her personal ability as determined by the American Red Cross certified instructor.

Parent's signature _____ Date _____

Class Schedule (2005)

Lessons are conducted in 2 week Sessions, Monday thru Thursday, except for week of July 5th (Tues. - Fri.)

The "Program" has changed significantly from last year. Before enrolling a child in Levels 1-6, parents must answer "yes" to the following questions pertaining to that level.

Parent & Child Aquatics A: 6 months to 3 years (parent assisted)

Parent & Child Aquatics B: 3 to 5 years (parent assisted)

Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control.

Level 1 - Introduction to Water Skills (5 years and older):

Is the child 5 years or older?

Can the child enter the water without floaties or a life jacket on?

Level 2 – Fundamental Aquatics (5 years and older)

Can the child enter unassisted, move 5 yards, and bob 5 times to chin level?

Can the child float on front with support for 3 seconds, rollover onto back (with assistance), and float on back with support for 3 seconds?

Level 3 – Stroke Development (6 years and older)

Has the child ever had swim lessons before?

Can the child step from pool side into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to standing position, then move into a back float for 5 seconds and return to a standing position?

Can the child push off and swim at least 15 feet on their front and back using a combination of arm and leg movements?

Level 4 – Stroke Improvement (7 years and older)

Can the child jump into chest-deep water from the side, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern (to front or side), maintain position by treading or floating for 30 seconds and swim back crawl for 15 yards?

Level 5 – Stroke Refinement (8 years and older)

Can the child perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back 1 minute in deep water (float or scull), and swim elementary backstroke for 15 yards?

Can child swim breaststroke for 15 yards, tread water for 1 minute, and swim back crawl for 25 yards?

Level 6 – Swim Proficiency (9 years and older)

Can the child perform a shallow dive into deep water, swim front crawl 50 yards, maintain a back float position for 2 minutes in deep water (float or scull) and swim elementary backstroke for 25 yards?

Can the child swim breaststroke for 25 yards, tread water for 2 minutes and swim back crawl for 50 yards?

	PC-A	PC-B	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Session 1 June 6 - 16	1:00 - 1:30	1:00 - 1:30	1:40 - 2:20 2:30 - 3:10 3:25 - 4:05	1:40 - 2:20 2:30 - 3:10 3:25 - 4:05	1:40 - 2:20 2:30 - 3:10 3:25 - 4:05	1:40 - 2:20 2:30 - 3:10 3:25 - 4:05	1:40 - 2:20 2:30 - 3:10	3:25 - 4:05 Personal Water Safety
Session 2 June 20 - 30	5:00 - 5:30	4:15 - 4:45 5:00 - 5:30	4:15 - 4:55 5:40 - 6:20 6:35 - 7:15	4:15 - 4:55 5:40 - 6:20 6:35 - 7:15	4:15 - 4:55 5:40 - 6:20 6:35 - 7:15	5:40 - 6:20 6:35 - 7:15	5:40 - 6:20	6:35 - 7:15 Lifeguard Readiness
PM Classes ONLY	7:25 - 7:55	7:25 - 7:55	7:25 - 8:05	7:25 - 8:05			7:25 - 8:05	

Session 3 July 5 - 14	9:00 - 9:30am	9:00 - 9:30am	9:40 - 10:20am 10:30 - 11:10am 11:25am - 12:05pm	9:40 - 10:20am 10:30 - 11:10am 11:25am - 12:05pm	9:40 - 10:20am 10:30 - 11:10am 11:25am - 12:05pm	9:40 - 10:20am 10:30 - 11:10am 11:25am - 12:05pm	9:40 - 10:20am 10:30 - 11:10am	11:25am - 12:05pm Fundamentals of Diving
Session 4 July 18 - 28	4:20 - 4:50pm	12:15 - 12:45pm 4:20 - 4:50pm	12:15 - 12:55pm 5:00 - 5:40pm 5:55 - 6:35pm	12:15 - 12:55pm 5:00 - 5:40pm 5:55 - 6:35pm	12:15 - 12:55pm 5:00 - 5:40pm 5:55 - 6:35pm	5:00 - 5:40pm 5:55 - 6:35pm	5:00 - 5:40pm	5:55 - 6:35pm Fitness Swimmer
AM and PM Classes	6:45 - 7:15pm	6:45 - 7:15pm	6:45 - 7:25pm	6:45 - 7:25pm				